

# PRONE LEG CURL

## VST600-S73



### MAKE A STRONG SELECTION

Ideal for strengthening calf and hamstring muscles, our selectorized prone leg curl station is tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to start refining their hamstring and calf muscles.

| ADJUSTMENTS                               |   | FRAME & CABLES     |   | TECH SPECS                  |   |
|---|---|--------------------|---|-----------------------------|---|
| User adjustment range                     | 6 positions adjustment                                  | Frame color        | Matte Black                             | Overall dimensions          | 149.5 x 96.5 x 170.5 cm / 58.9 x 38 x 67.1" |
| Color coded pivots & points of adjustment | Yes   | Frame finish       | Proprietary two-coat powder process     | Product weight              | 197.5 kg / 435 lbs.                         |
|   |   | Machine anchoring  | 4 machine anchoring locations           |                             |   |
|   |   | Cable transmission | Internally lubricated cables & fittings |                             |   |
| USER AMENITIES                            |   |                    | WEIGHT STACK                            |                             |   |
| Instructional placard                     | Muscle call outs, start & finish exercise illustrations |                    | Total stack weight                      | 100 kg / 220 lbs.           |   |
| Placard color coding                      | Green (lower body)                                      |                    | Weight plate increments                 | 6.8 kg / 15 lbs.            |   |
| Contoured seat                            | Yes   |                    | Consistent stack height                 | Yes                         |   |
|   |   |                    | Weight stack guarding                   | Full front and rear shields |   |